LEISURE ARTS

Leaflet 157 $3.00

Kitchen Stitchin'

charted designs for cross stitch & needlepoint

TOMATOES
ARTICHOKES
APPLE PIE
LEMONS
GREAT COOKS
AND THEIR RECIPES
STRAWBERRIES

by
Carol Wilson Mansfield

INTRODUCTION

The kitchen designs in this leaflet were compiled to give you a series of projects for the most used areas in your home. They have a clean, crisp feeling of "today" and will look great in any style kitchen or dining area.
Carol Mansfield of Northbrook, Illinois is a member of the North Suburban Embroiderers Guild and custom designs all types of needlework projects. Her designs have a lifelike quality that is difficult to achieve in stitchery projects.

We hope you enjoy these designs, and welcome your comments.

Design Department

GENERAL INSTRUCTIONS

WORKING WITH CHARTS

How To Read Charts: Each of the designs is shown in chart form. Each square on the chart represents one needlework stitch, whether it be a needlepoint tent stitch or complete cross stitch. Each square is shown in color, and in most cases, also with a symbol. This method of charting with color enables you to see approximately what the design will look like. By giving you a symbol also, the guesswork of determining shading is eliminated. The straight lines on the chart indicate Backstitching. These lines are shown either in color or black; the color to use is indicated on color keys.
How to Compute Finished Sizes: While the number of stitches varies with each charted design, the finished size of your needlework depends upon the **thread count per inch** of the fabric or canvas being used. To compute the size of fabric or canvas needed: Divide the number of squares (stitches) across the width or length of the chart by the thread count of your fabric or canvas. For example: 80 squares horizontally on the chart worked on Aida 14 will yield a design 5.7″ wide. Repeat for vertical stitch count. Then add the amount of background you want plus a generous margin for finishing.

Basic Thread Counts

Needlepoint Canvas:	10, 12, 13, 14 and 18 are most common
Aida:	11, 14, 18 per inch
Hardanger:	22 per inch (sometimes worked over 2 threads in which case 11 per inch)

If working on an unlabeled canvas or fabric, simply measure and count the number of threads that fall within an inch.
Where To Start: The horizontal and vertical centers of each design are shown by arrows. You may start at any point, but be sure to allow plenty of margin. It is better to waste a little fabric than to come up short after hours of stitching!
Recommended Colors: We refer to all colors by name and also by DMC cotton floss number so you may accurately reproduce our worked models. These numbers are merely suggestions, however. They can be modified or changed if necessary. Use these color numbers for projects requiring floss; use a DMC cotton floss color chart to guide your yarn shade selections. When using yarn you will be modifying your colors in some cases; wool and cotton are hard to match: see the model of "Pepper" on pg. 9 which is shown in both methods for an example.
Fabric vs. Canvas: We have shown the designs in this leaflet both in counted cross stitch and in needlepoint. The finished look is entirely different. This is due mostly to the type of stitch: a cross stitch gives a "painting like" project, where the slanted needlepoint tent stitch yields a more uneven look. The yarn vs. floss adds a little more difference because the shading is not as subtle.

Backstitching is also a major factor. On cross stitch it adds definition and clarity to the design. On needlepoint it is not as necessary and sometimes disappears in the stitch. We have shown each chart with backstitching lines. You may stitch them — or leave them off completely. To help you to make a decision, refer to "Pepper" on pg. 9. It has been stitched 4 ways: Cross Stitch with and without backstitch and Needlepoint with and without backstitch. This example points out the vast difference between needlepoint and cross stitch.

STITCHING TIPS

Preparing Fabric or Canvas: Bind raw edges of canvas with tape; overcast raw edges of fabric. Locate horizontal and vertical centers by folding your canvas or fabric in half, top to bottom and again right to left.
Preparing Thread: When working with stranded yarn or threads, separate, then realign them before threading needle. This gives you a smoother stitch. For ease in stitching, you may thread a needle with each color to be used; lead thread away from working area and anchor needle in top of work until color is required again. Keep stitching tension consistent. Begin and end working threads by running under several stitches on back; never tie knots.
Needlepoint Projects: Work a tent stitch to correspond to each square on the chart. When working a single row of tent stitches horizontally, vertically or diagonally, use the Continental method ***(Fig. 1)***. When working an area having several rows of stitches, use the Diagonal Tent (Basketweave) method ***(Fig. 2)***.

Fig. 1

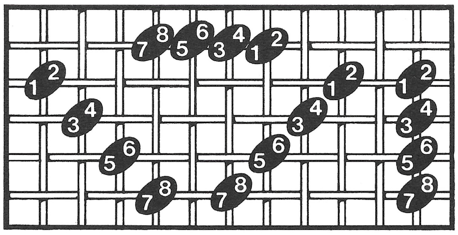
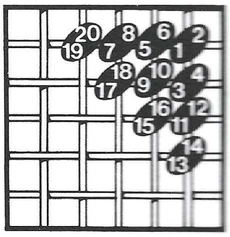


Fig. 2



Counted Cross Stitch Projects: Work one cross stitch to correspond to each square on the chart. For horizontal rows, work stitches in two journeys ***(Fig. 3)***. For vertical rows, complete each stitch as shown ***(Fig. 4)***. When working on Hardanger over 2 threads, work cross stitch as in **Fig. 5**.

Fig. 3

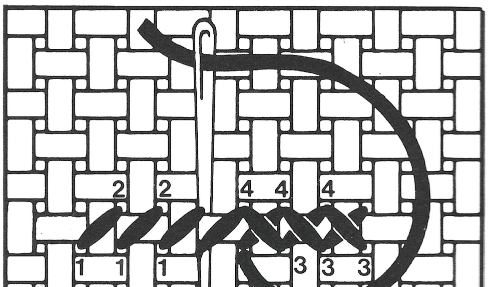


Fig. 4

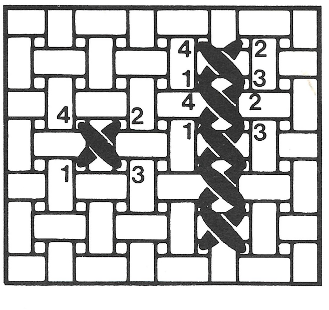
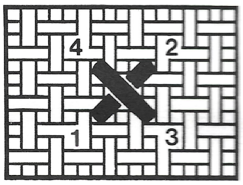


Fig. 5



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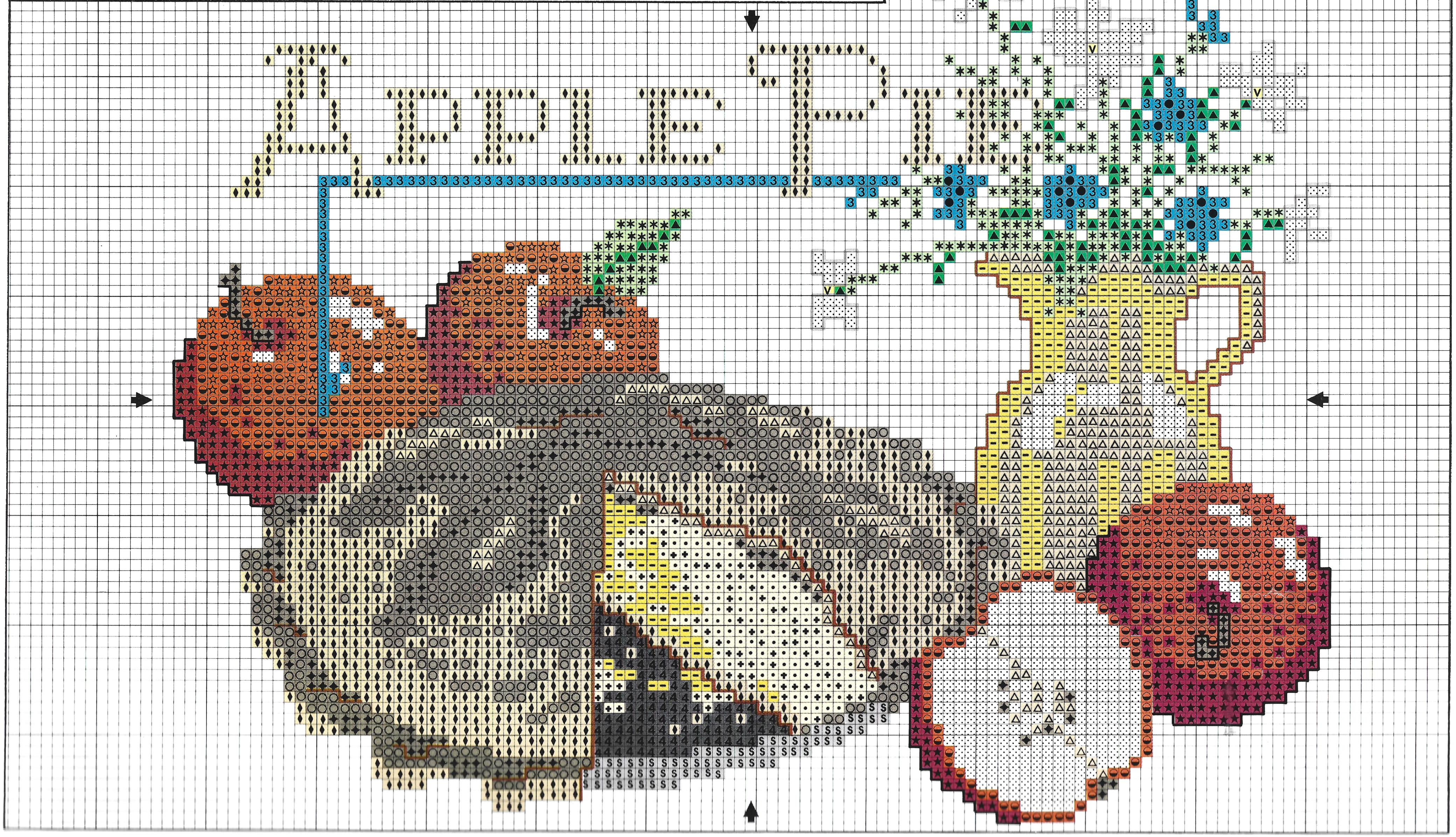
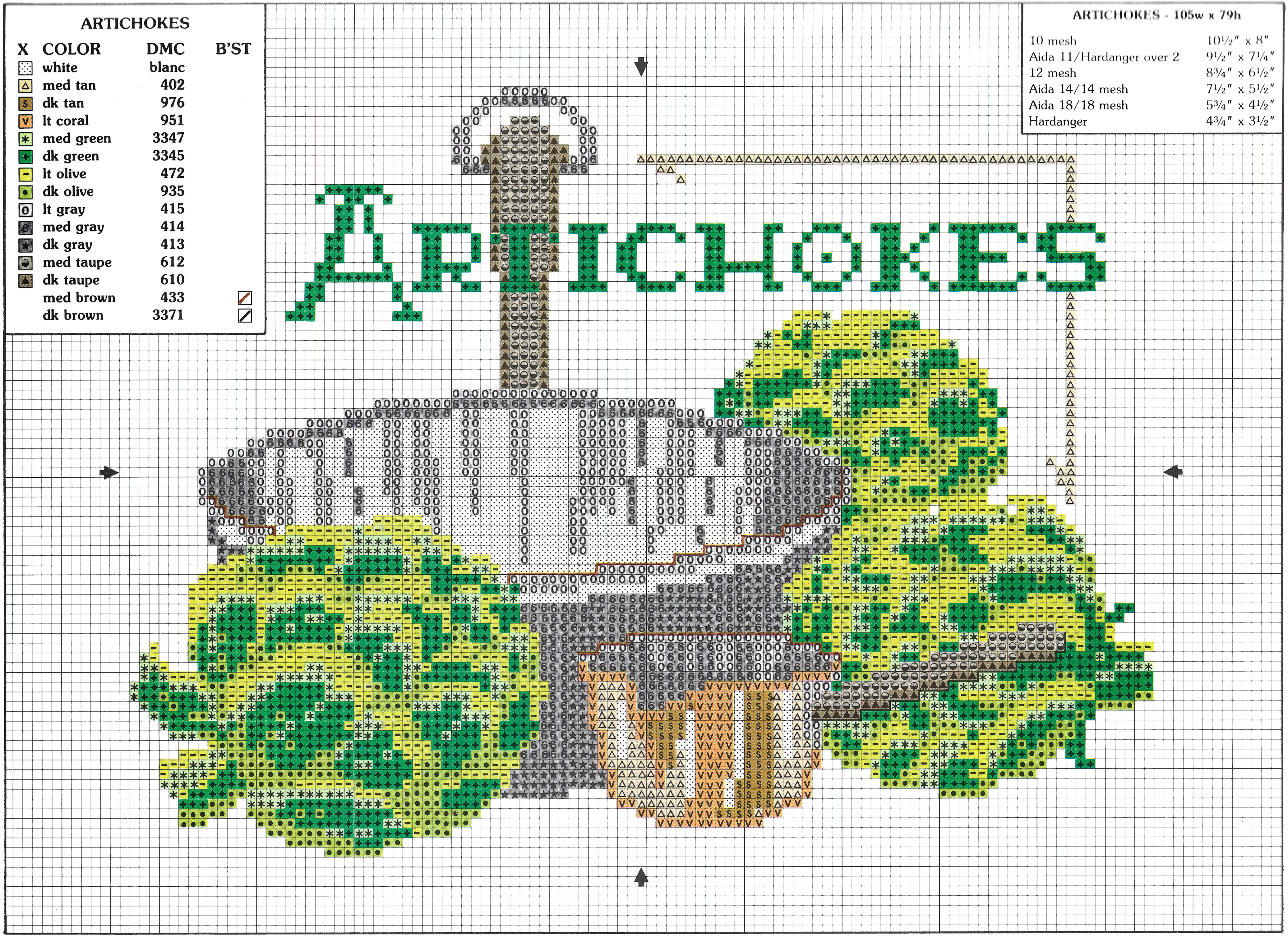
APPLE PIE

X	COLOR	DMC	B'ST
⬚	white	blanc	
•	lt ivory	746	
+	dk ivory	3047	
V	lt yellow	727	
-	lt gold	834	
△	lt tan	739	
◆	med tan	436	
☆	med coral	351	
◓	dk coral	349	
★	burgundy	815	
3	dk blue	798	
●	navy	311	
✳	med green	3347	
▲	dk green	3345	
S	lt gray	415	╱
4	dk gray	318	
○	lt taupe	422	
✦	med taupe	420	
	med brown	433	╱
	dk brown	3371	╱

APPLE PIE - 105w x 79h

10 mesh	10½" x 8"
Aida 11/Hardanger over 2	9½" x 7¼"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4½"
Hardanger	4¾" x 3½"





ARTICHOKES

X	COLOR	DMC	B'ST
⬚	white	blanc	
△	med tan	402	
S	dk tan	976	
V	lt coral	951	
✳	med green	3347	
✦	dk green	3345	
-	lt olive	472	
●	dk olive	935	
0	lt gray	415	
6	med gray	414	
★	dk gray	413	
◒	med taupe	612	
▲	dk taupe	610	
	med brown	433	/
	dk brown	3371	/

ARTICHOKES - 105w x 79h

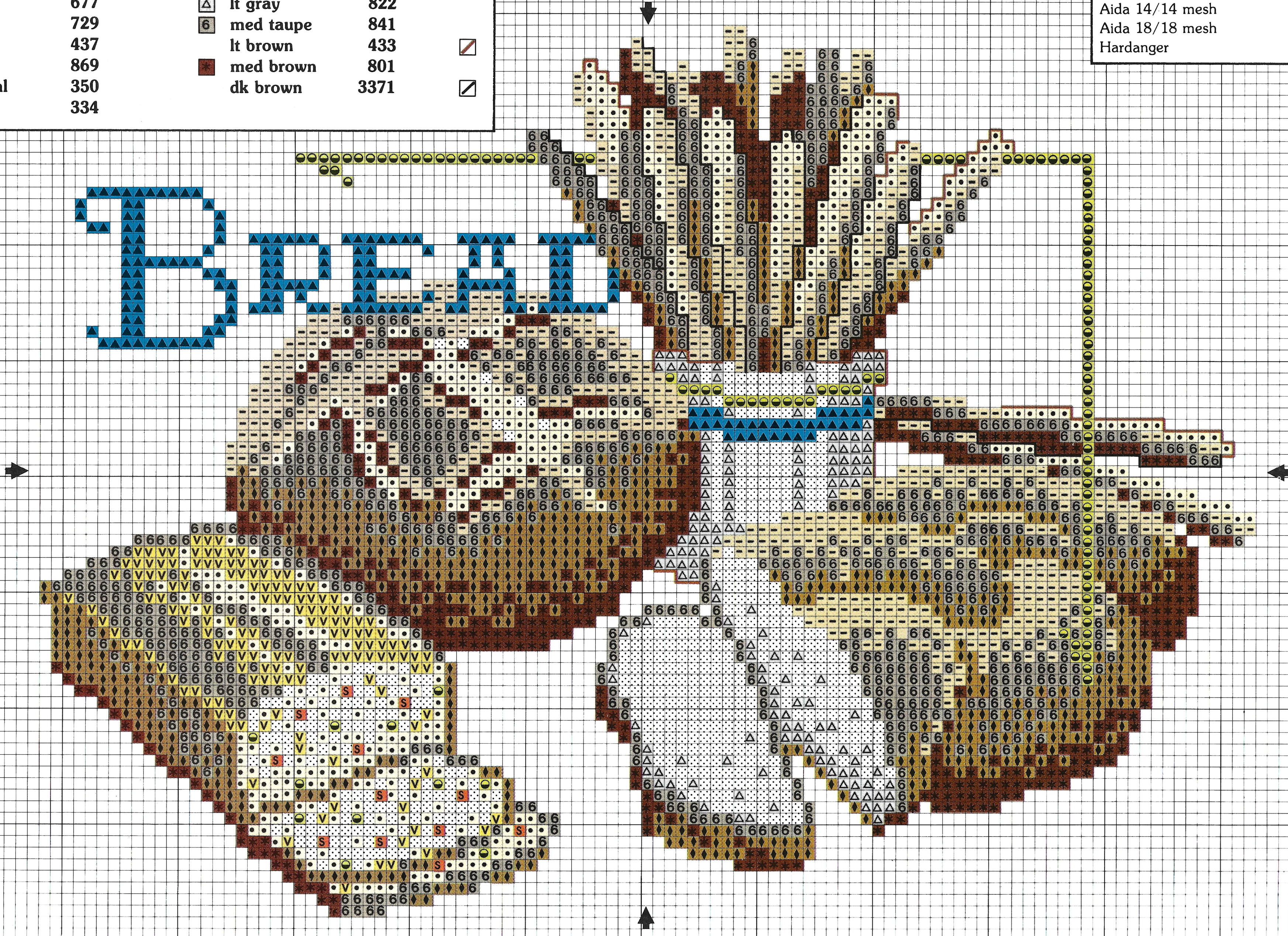
10 mesh	10½" x 8"
Aida 11/Hardanger over 2	9½" x 7¼"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4½"
Hardanger	4¾" x 3½"

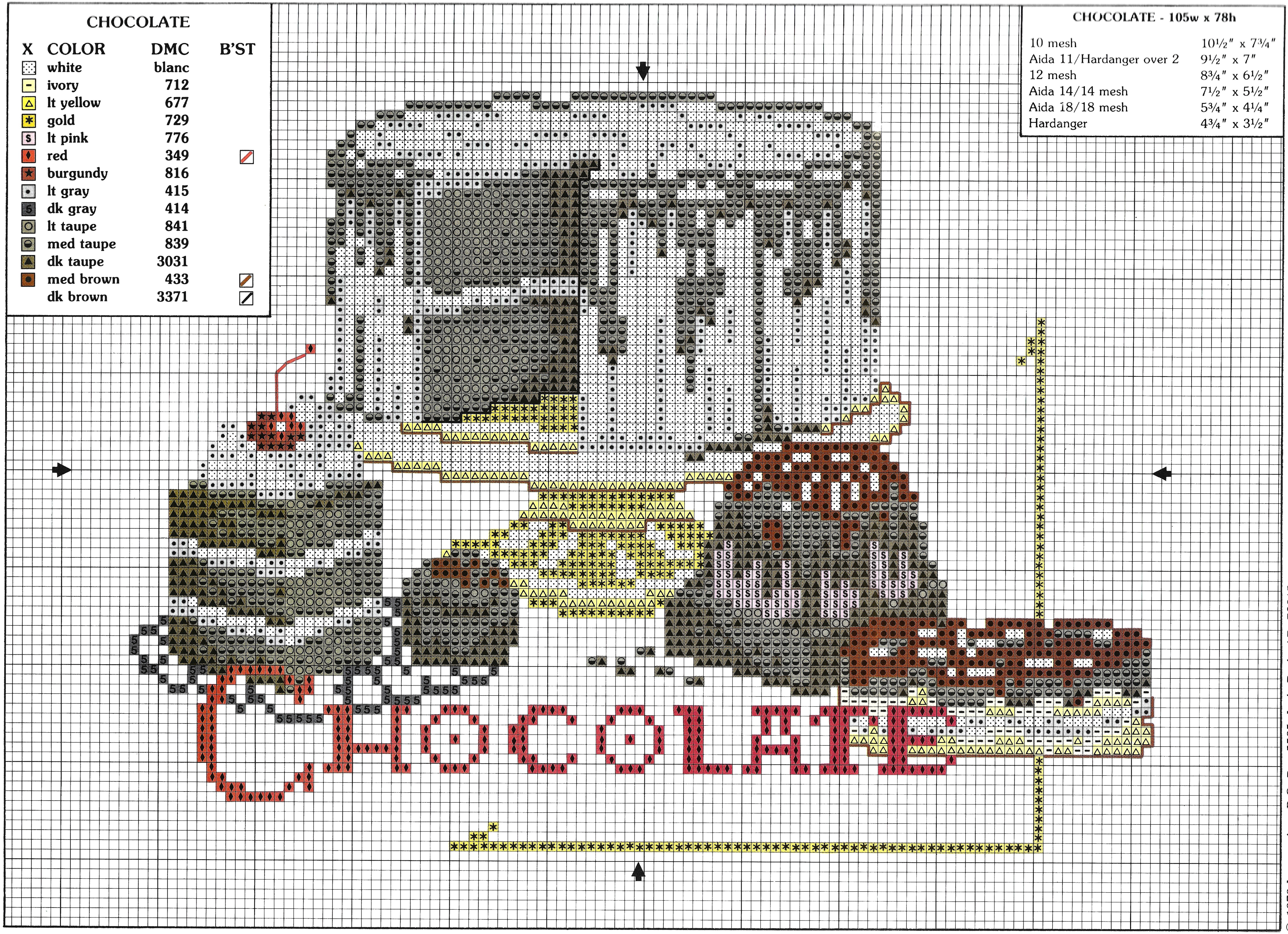
BREAD

X	COLOR	DMC	B'ST
░	white	blanc	
•	ivory	677	
V	gold	729	
-	med tan	437	
◆	dk tan	869	
S	med coral	350	
▲	dk blue	334	
◒	med olive	470	
△	lt gray	822	
6	med taupe	841	
	lt brown	433	╱
*	med brown	801	
	dk brown	3371	╱

BREAD - 105w x 77h

10 mesh	10½" x 7¾"
Aida 11/Hardanger over 2	9½" x 7"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4¼"
Hardanger	4¾" x 3½"





CHOCOLATE

X	COLOR	DMC	B'ST
⬚	white	blanc	
-	ivory	712	
△	lt yellow	677	
*	gold	729	
s	lt pink	776	
♦	red	349	/
★	burgundy	816	
•	lt gray	415	
5	dk gray	414	
○	lt taupe	841	
◒	med taupe	839	
▲	dk taupe	3031	
●	med brown	433	/
	dk brown	3371	/

CHOCOLATE - 105w x 78h

10 mesh	10½" x 7¾"
Aida 11/Hardanger over 2	9½" x 7"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4¼"
Hardanger	4¾" x 3½"

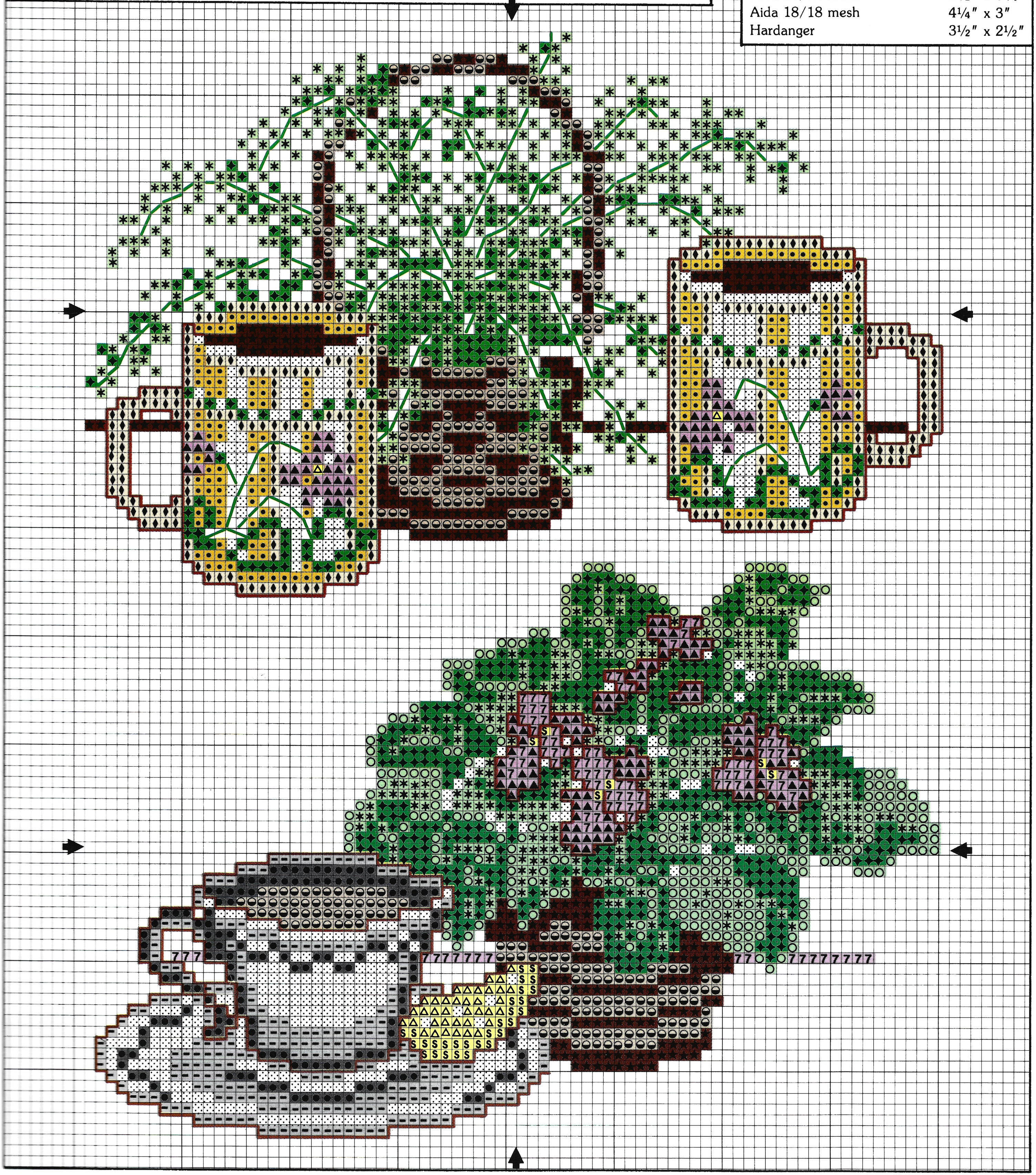
COFFEE & TEA

X	COLOR	COFFEE DMC	TEA DMC
⬚	white	blanc	blanc
△	lt yellow	445	3078
S	dk yellow	---	307
•	gold	834	---
♦	lt tan	3047	---
◒	med tan	435	435
7	lt purple	---	554
▲	dk purple	327	327

X	COLOR	COFFEE DMC	TEA DMC	B'ST
○	lt green	---	3348	
✳	med green	3347	3347	
◆	dk green	3345	3345	⧄
▬	lt gray	---	415	
●	dk gray	---	414	
	med brown	433	433	⧄
★	dk brown	898	898	

COFFEE - 79w x 52h	
10 mesh	8" x 5¼"
Aida 11/Hardanger over 2	7¼" x 4¾"
12 mesh	6½" x 4¼"
Aida 14/14 mesh	5½" x 3¾"
Aida 18/18 mesh	4½" x 3"
Hardanger	3½" x 2¼"

TEA - 78w x 53h	
10 mesh	7¾" x 5¼"
Aida 11/Hardanger over 2	7" x 4¾"
12 mesh	6½" x 4½"
Aida 14/14 mesh	5½" x 3¾"
Aida 18/18 mesh	4¼" x 3"
Hardanger	3½" x 2½"

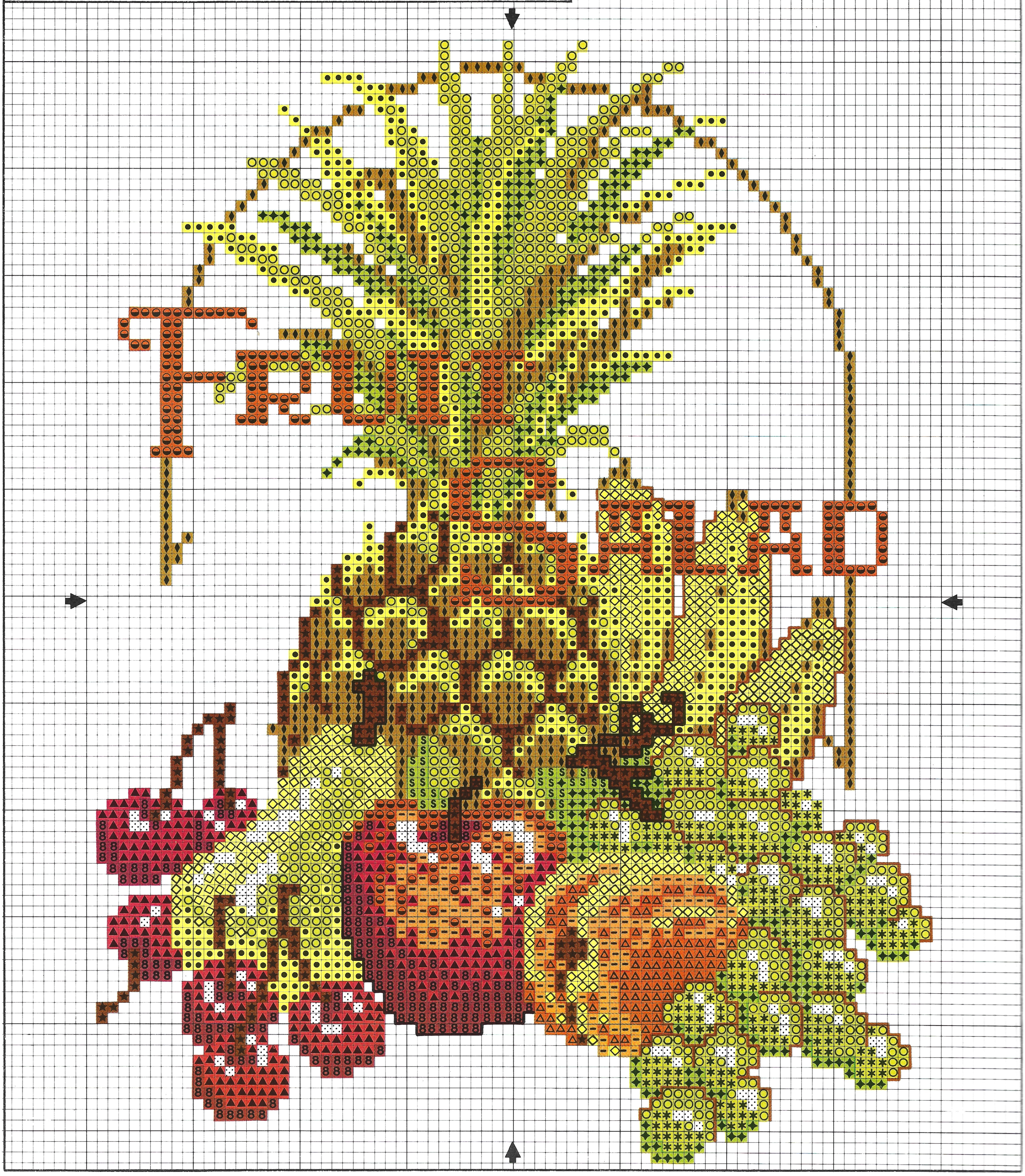


FRUIT SALAD

X	COLOR	DMC	X	COLOR	DMC	B'ST
⬚	white	blanc	8	burgundy	814	
◇	lt yellow	744	○	lt olive	472	
●	dk yellow	725	✱	med olive	471	
◆	dk tan	434	S	med dk olive	470	
-	lt coral	353	✦	dk olive	937	
△	med coral	351		lt brown	433	/
⊖	dk coral	350	★	med brown	801	
▲	dk red	304		dk brown	3371	/

FRUIT SALAD - 78w x 105h

10 mesh	7¾" x 10½"
Aida 11/Hardanger over 2	7" x 9½"
12 mesh	6½" x 8¾"
Aida 14/14 mesh	5½" x 7½"
Aida 18/18 mesh	4¼" x 5¾"
Hardanger	3½" x 4¾"

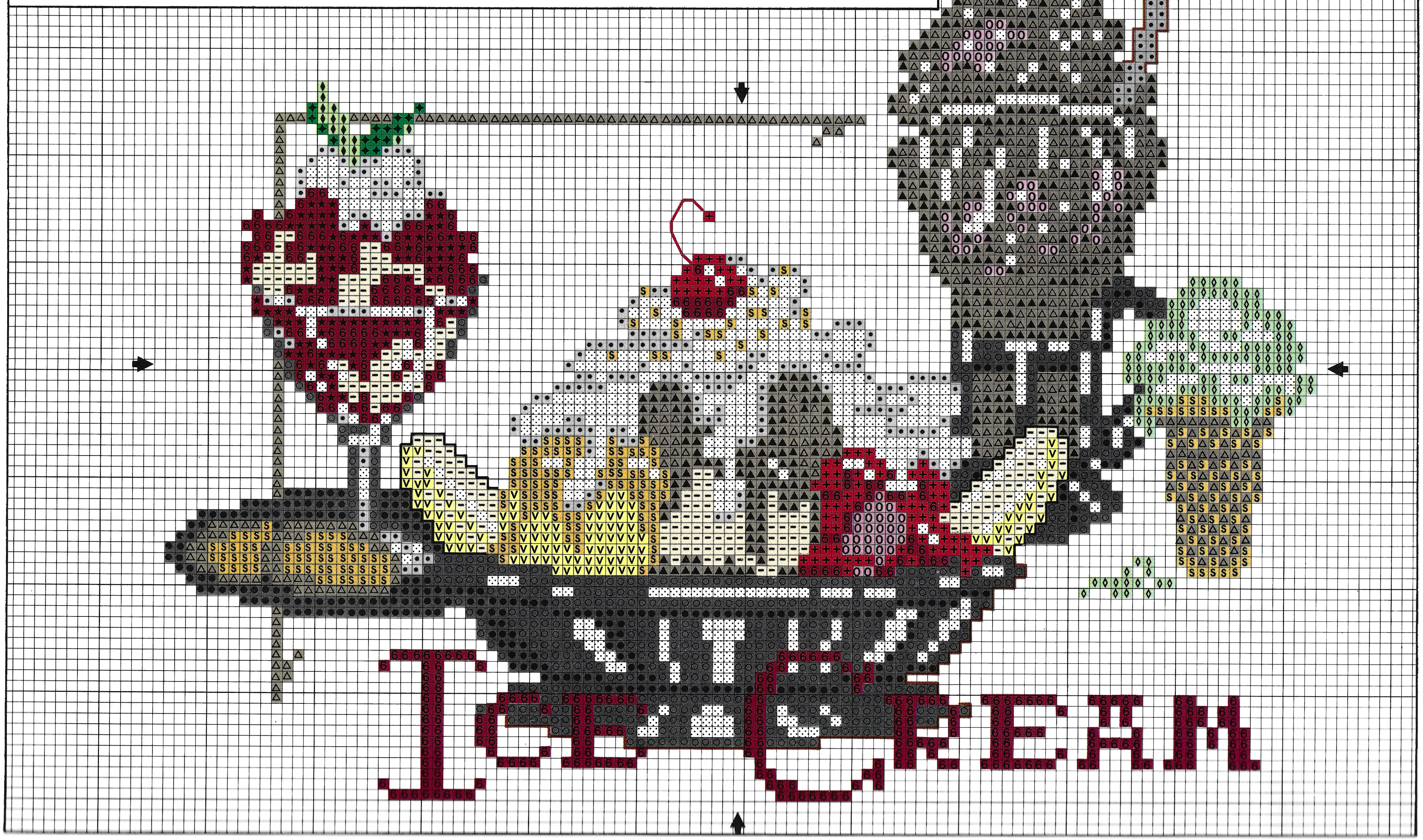


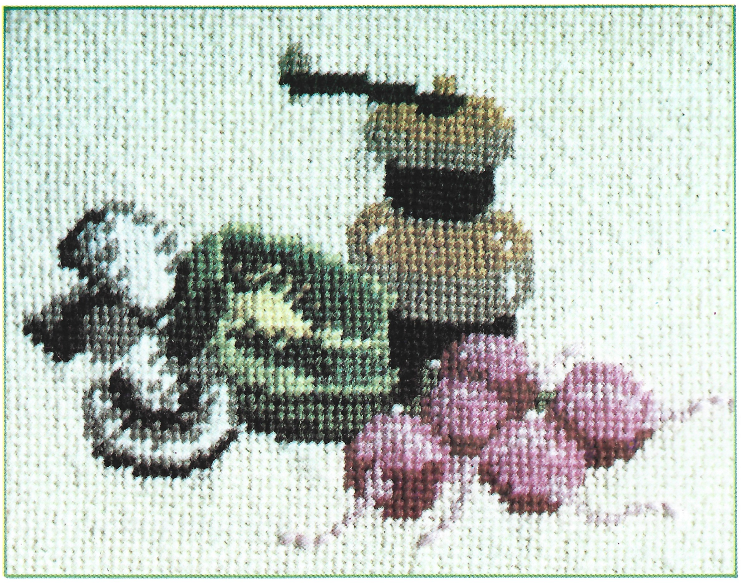
ICE CREAM

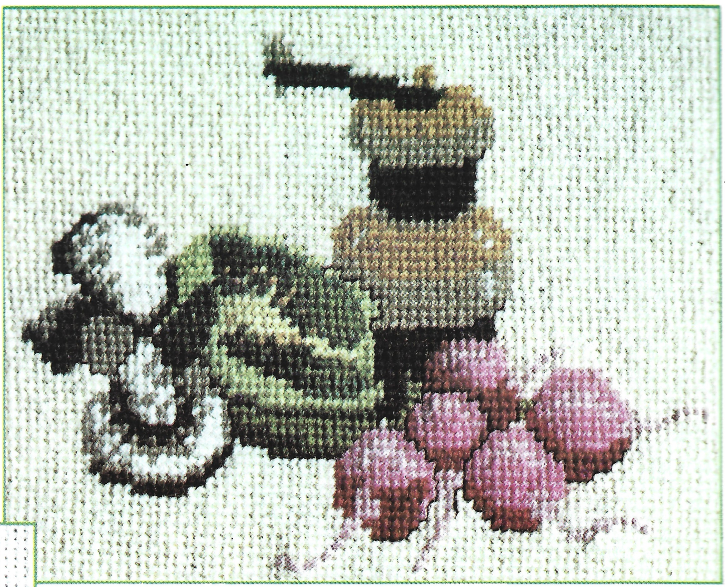
X	COLOR	DMC	B'ST	X	COLOR	DMC	B'ST	X	COLOR	DMC	B'ST
⁘	white	blanc		6	burgundy	816		◉	med gray	414	
-	ivory	712		★	dk burgundy	902		●	dk gray	413	
V	lt yellow	745		◊	lt green	955		△	lt taupe	841	
S	gold	676		◆	med green	702		▲	med taupe	839	
O	lt pink	776		✦	dk green	909			med brown	433	/
+	red	349	/	•	lt gray	415			dk brown	3371	/

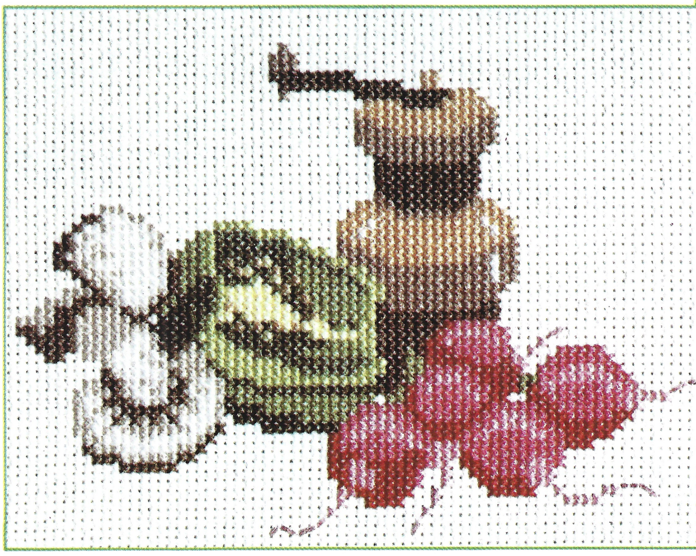
ICE CREAM - 107w x 79h

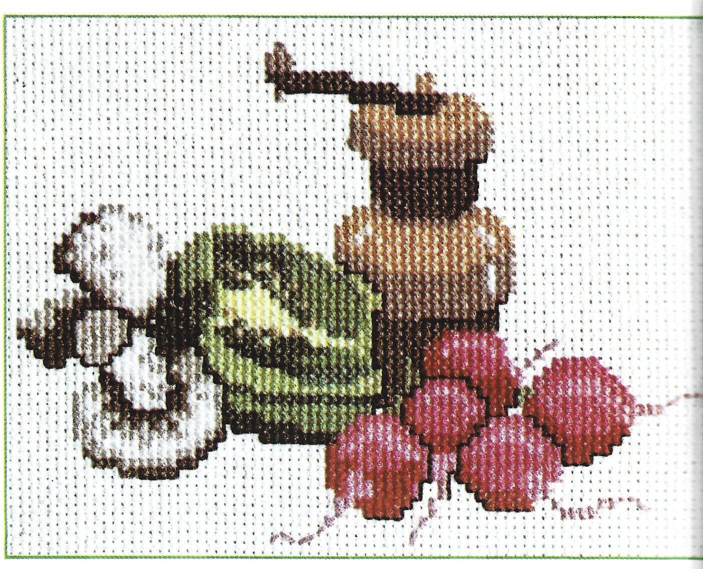
10 mesh	10¾" x 8"
Aida 11/Hardanger over 2	9¾" x 7¼"
12 mesh	9" x 6½"
Aida 14/14 mesh	7¾" x 5½"
Aida 18/18 mesh	6" x 4½"
Hardanger	4¾" x 3½"

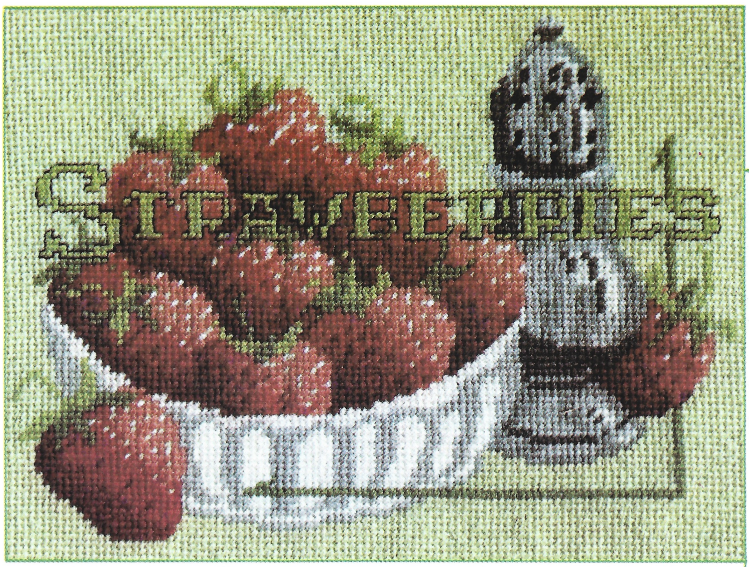


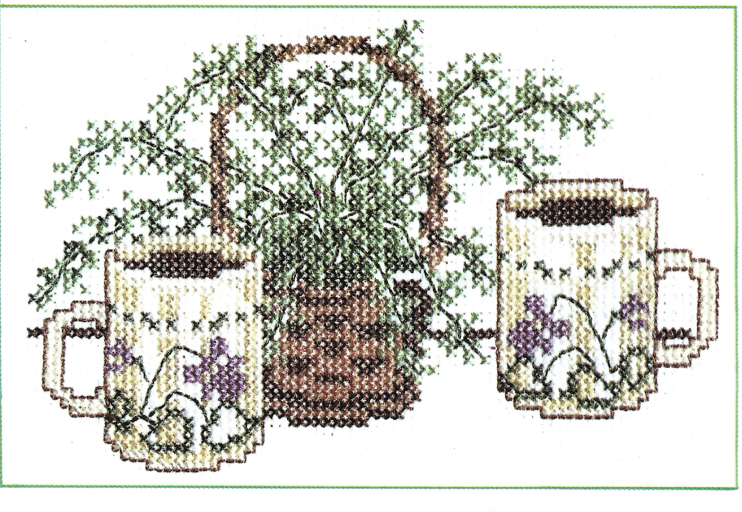


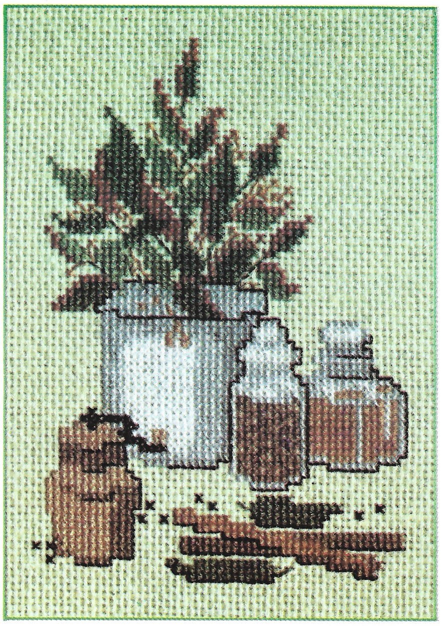


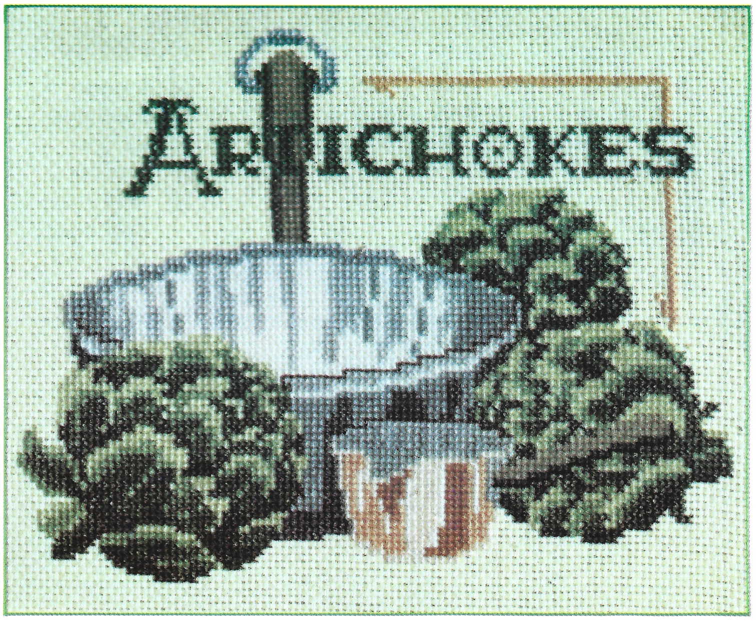





STRAWBERRIES



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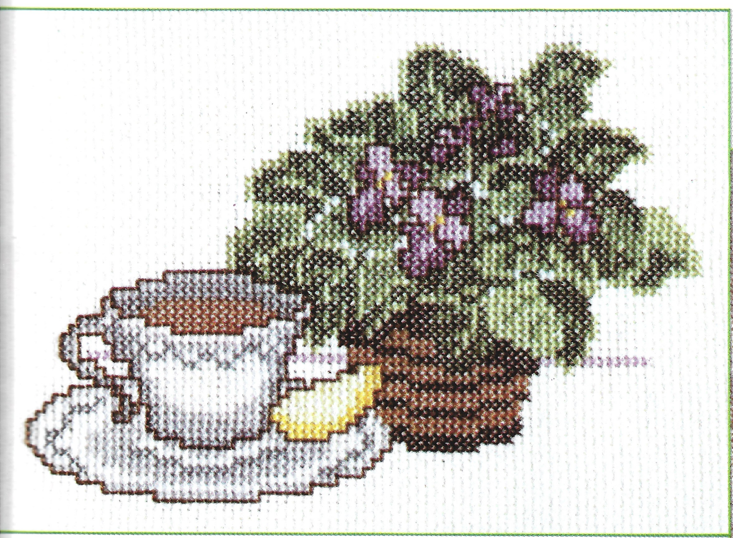
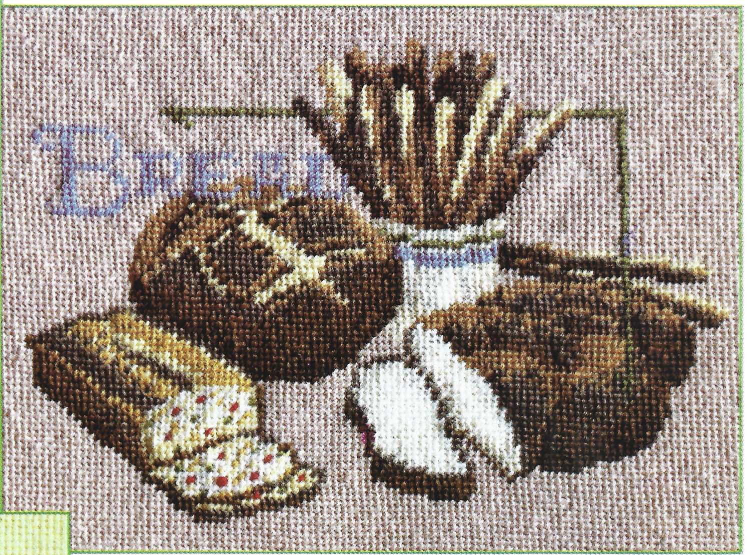
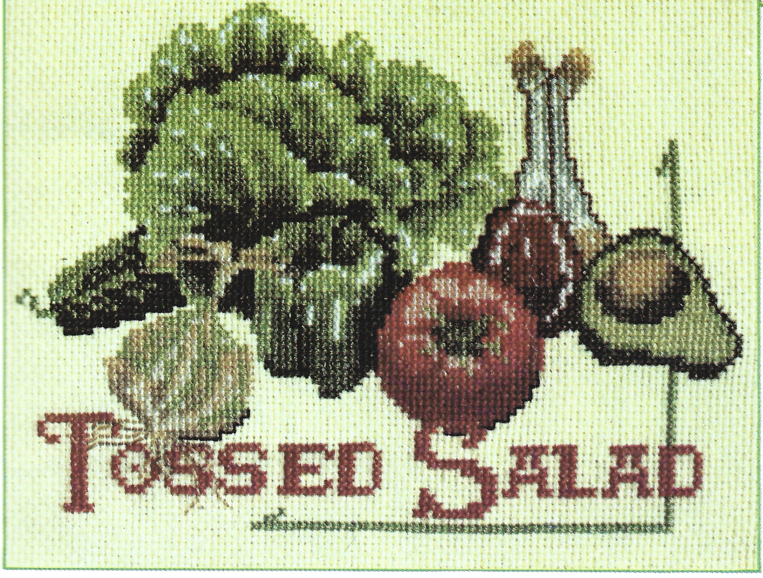
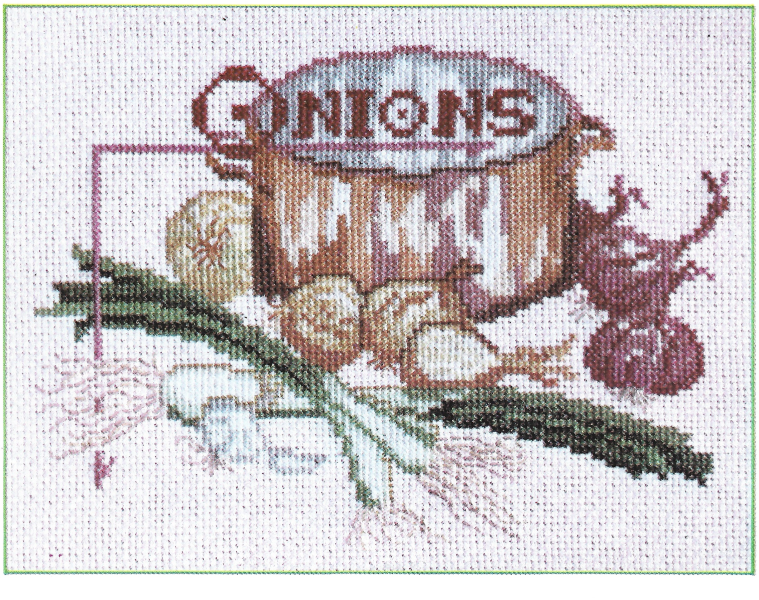



BREA


TOSSED SALAD

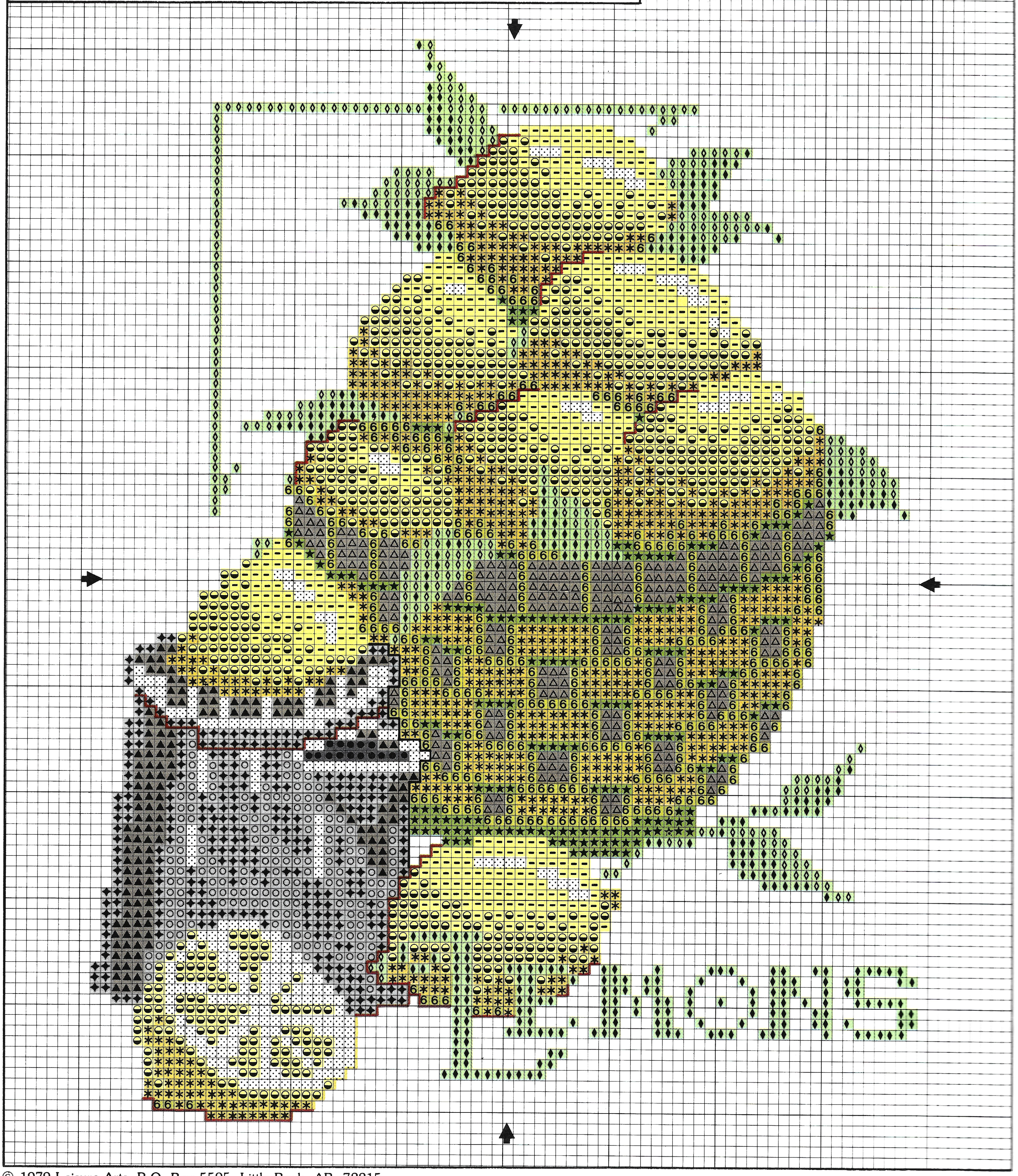

ONIONS

LEMONS

X	COLOR	DMC	B'ST	X	COLOR	DMC	B'ST
⁙	white	blanc		○	lt gray	3024	
-	lt yellow	445		✦	med gray	3023	
⊖	dk yellow	726		●	dk gray	3021	
*	gold	729	/	△	lt taupe	612	
◊	lt green	907		▲	med taupe	640	
♦	med green	905			med brown	433	/
6	med olive	831			dk brown	3371	/
★	dk olive	829					

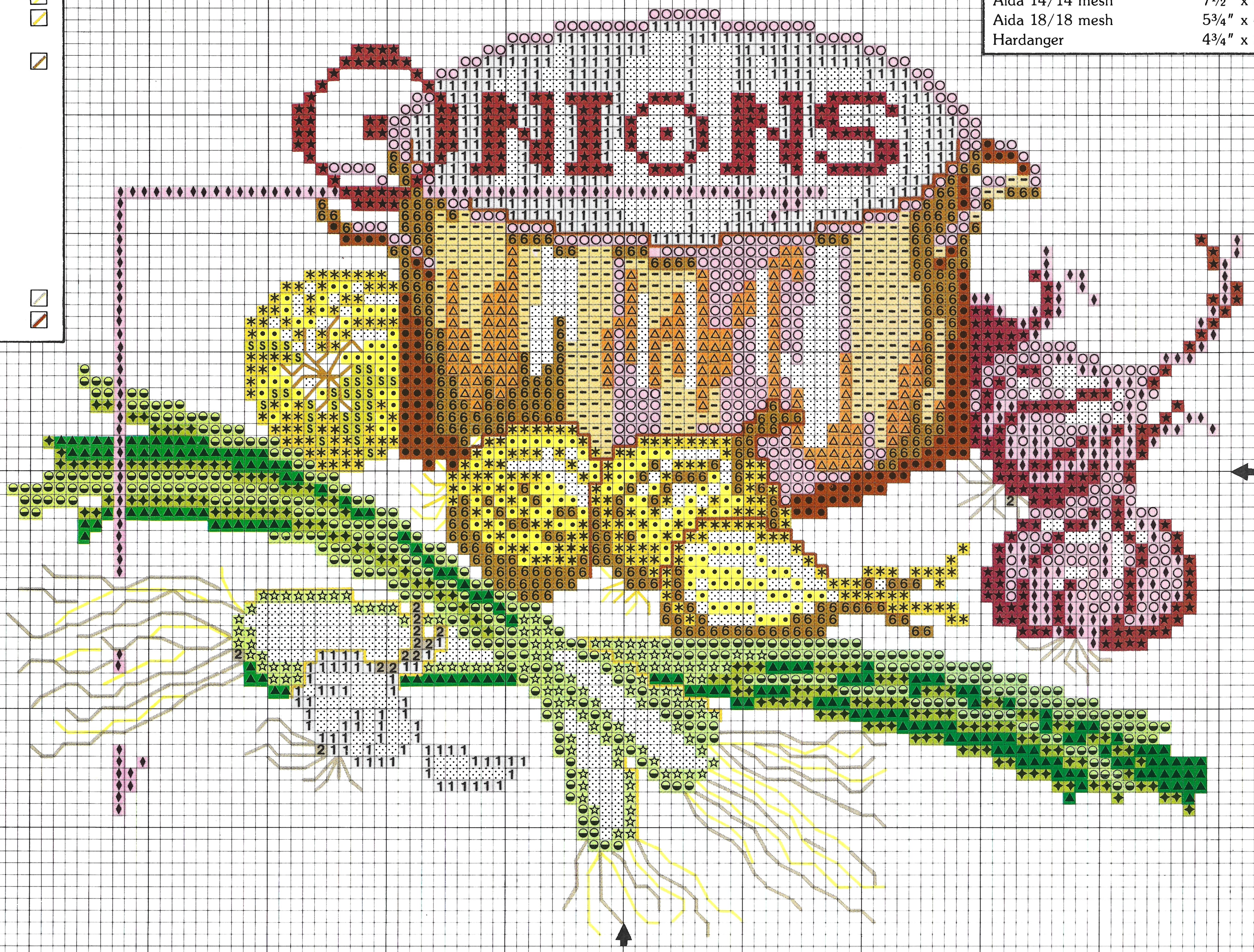
LEMONS - 78w x 102h

10 mesh	7¾" x 10¼"
Aida 11/Hardanger over 2	7" x 9¼"
12 mesh	6½" x 8½"
Aida 14/14 mesh	5½" x 7¼"
Aida 18/18 mesh	4¼" x 5¾"
Hardanger	3½" x 4¾"



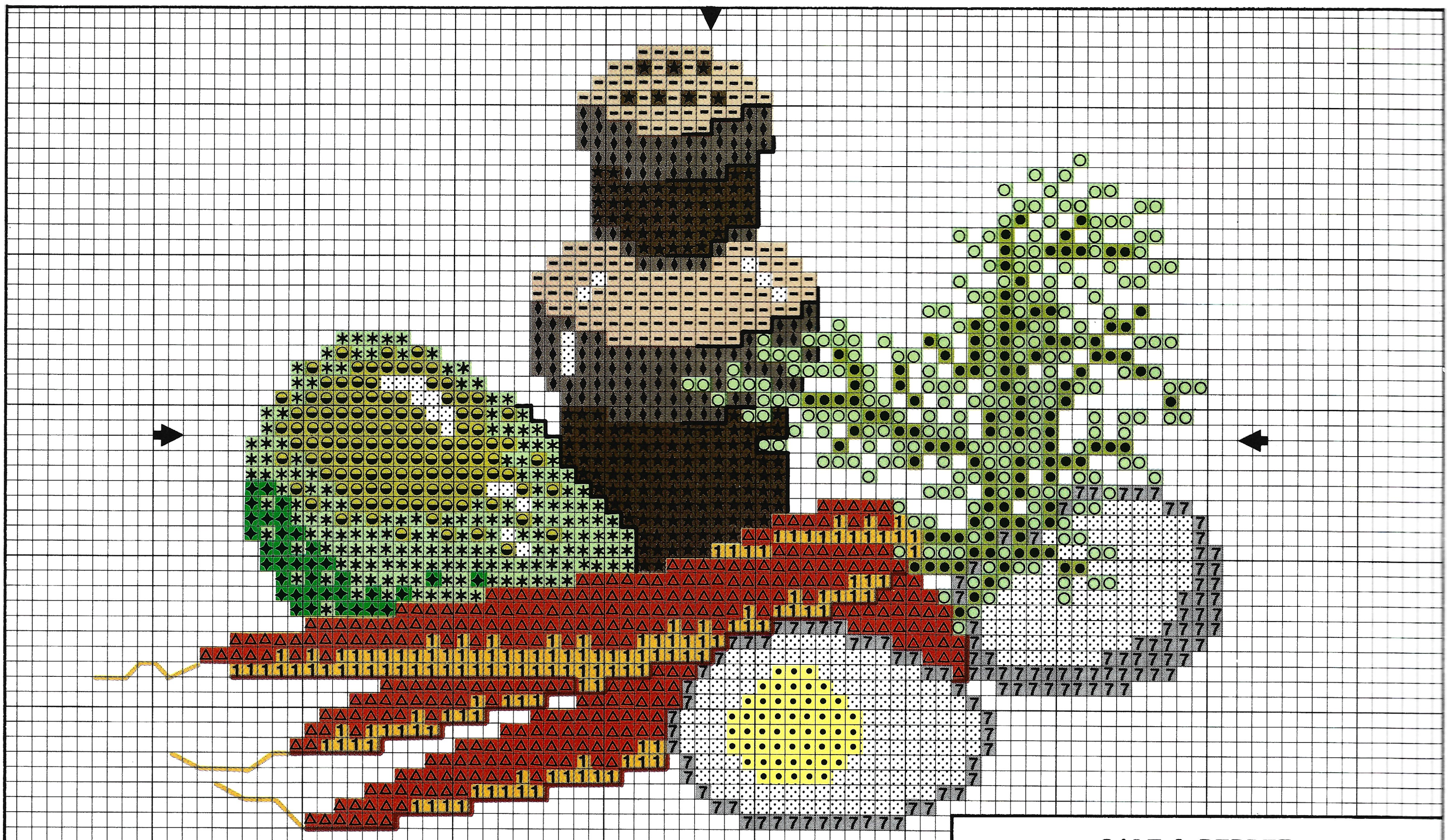
ONIONS

X	COLOR	DMC	B'ST
⁚	white	blanc	
•	dk yellow	677	▨
✱	gold	729	▨
-	lt copper	402	
6	med copper	976	▨
△	lt coral	951	
○	med pink	223	
♦	dk pink	3687	
★	burgundy	815	
☆	lt green	369	
◒	med green	3347	
▲	dk green	987	
S	lt olive	472	
✦	dk olive	895	
1	lt gray	415	
2	lt taupe	842	▨
●	med brown	433	▨



ONIONS - 104w x 78h

10 mesh	10½″ x 7¾″
Aida 11/Hardanger over 2	9½″ x 7″
12 mesh	8¾″ x 6½″
Aida 14/14 mesh	7½″ x 5½″
Aida 18/18 mesh	5¾″ x 4¼″
Hardanger	4¾″ x 3½″

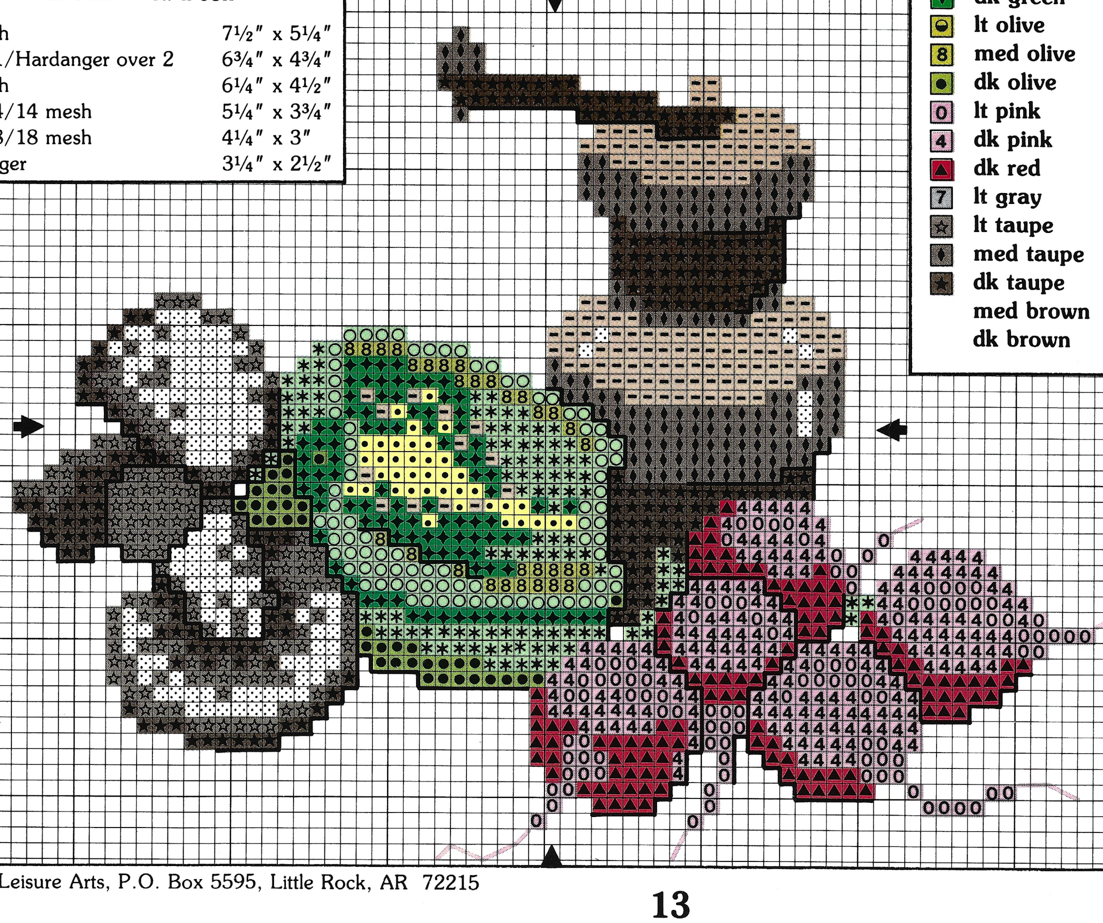


SALT - 75w x 52h	
10 mesh	7½″ x 5¼″
Aida 11/Hardanger over 2	6¾″ x 4¾″
12 mesh	6¼″ x 4¼″
Aida 14/14 mesh	5¼″ x 3¾″
Aida 18/18 mesh	4¼″ x 3″
Hardanger	3½″ x 2¼″

PEPPER - 74w x 53h	
10 mesh	7½″ x 5¼″
Aida 11/Hardanger over 2	6¾″ x 4¾″
12 mesh	6¼″ x 4½″
Aida 14/14 mesh	5¼″ x 3¾″
Aida 18/18 mesh	4¼″ x 3″
Hardanger	3¼″ x 2½″

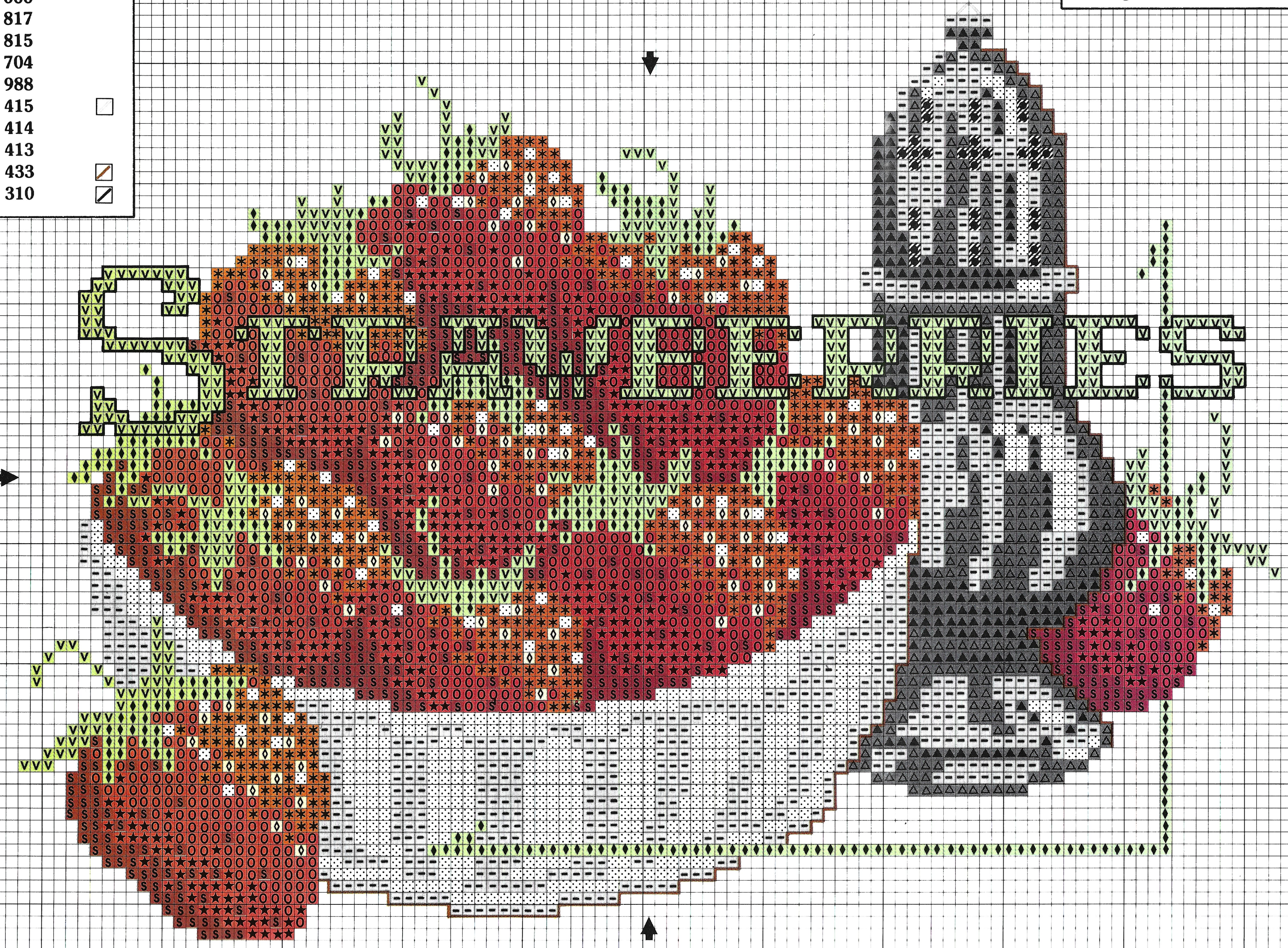
SALT & PEPPER

X	COLOR	SALT DMC	PEPPER DMC	B'ST
⬚	white	blanc	blanc	
●	lt yellow	727	3078	
1	gold	782	---	╱
−	lt tan	437	437	
△	lt orange	741	---	
○	lt green	3348	3348	
✱	med green	3347	3347	
✦	dk green	3345	3345	
◒	lt olive	471	---	
8	med olive	---	367	
●	dk olive	367	890	
0	lt pink	---	3326	╱
4	dk pink	---	335	
▲	dk red	---	817	
7	lt gray	415	---	
☆	lt taupe	---	644	
♦	med taupe	3032	3032	
★	dk taupe	610	610	
	med brown	433		╱
	dk brown	3371	3371	╱



STRAWBERRIES

X	COLOR	DMC	B'ST
⁘	white	blanc	
◊	lt tan	738	
*	med coral	351	
O	red	666	
★	dk red	817	
S	burgundy	815	
V	lt green	704	
♦	med green	988	
-	lt gray	415	☐
△	med gray	414	
▲	dk gray	413	
	med brown	433	╱
▨	black	310	╱



STRAWBERRIES - 105w x 78h

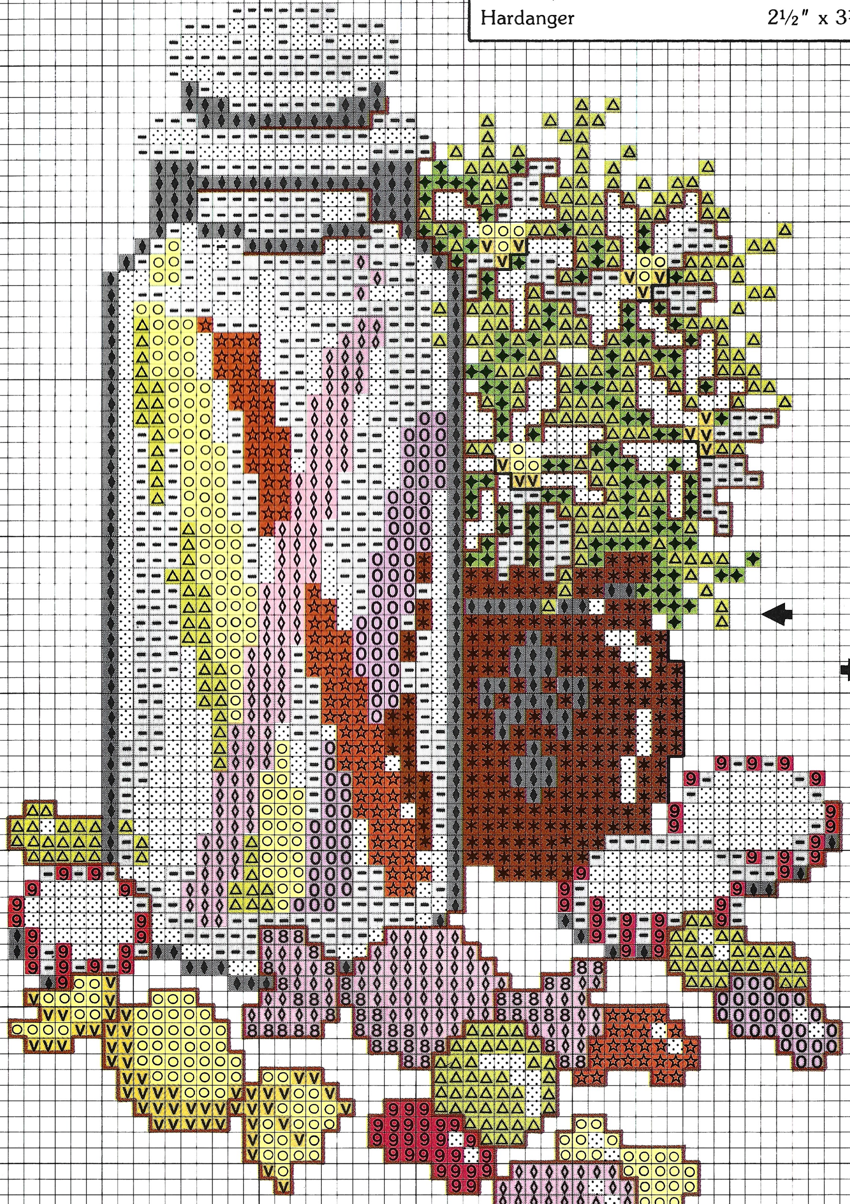
10 mesh	10½" x 7¾"
Aida 11/Hardanger over 2	9½" x 7"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4¼"
Hardanger	4¾" x 3½"

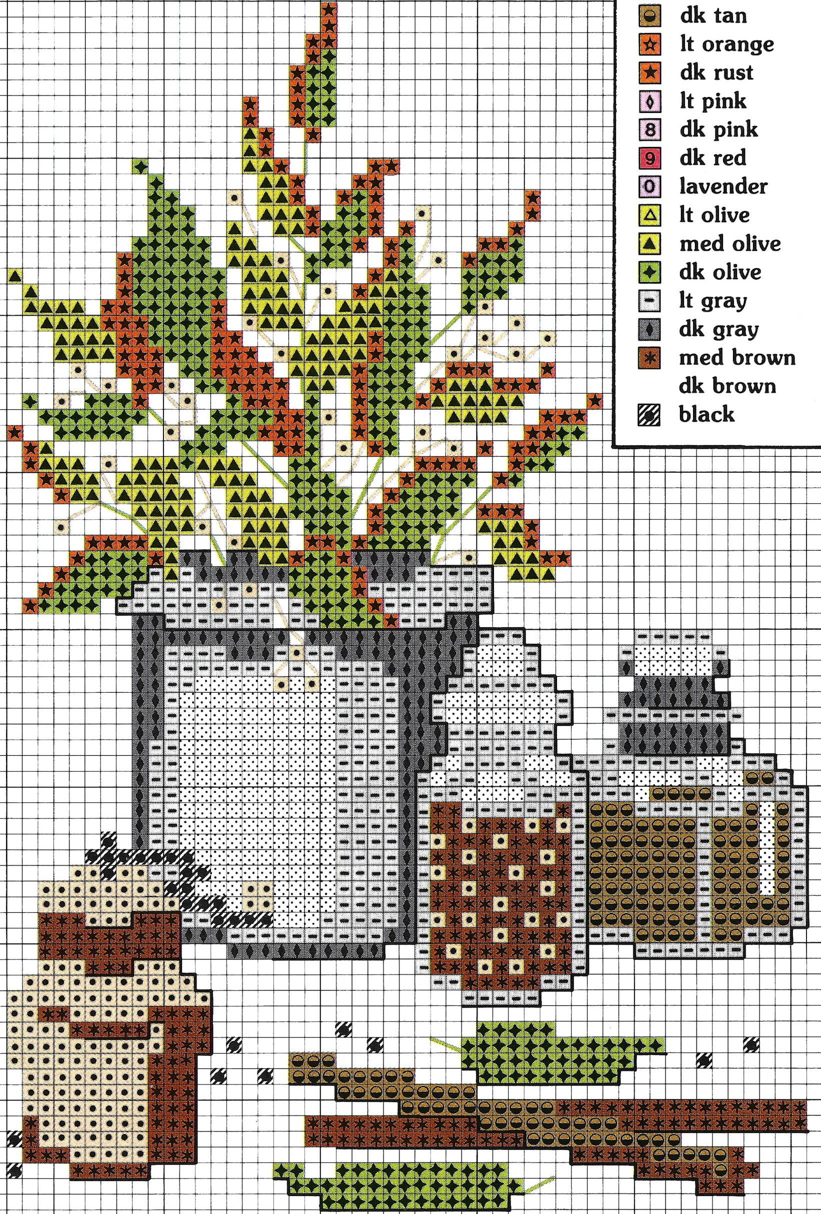
SUGAR - 53w x 78h

10 mesh	5¼″ x 7¾″
Aida 11/Hardanger over 2	4¾″ x 7″
12 mesh	4½″ x 6½″
Aida 14/14 mesh	3¾″ x 5½″
Aida 18/18 mesh	3″ x 4¼″
Hardanger	2½″ x 3½″

SPICE - 53w x 77h

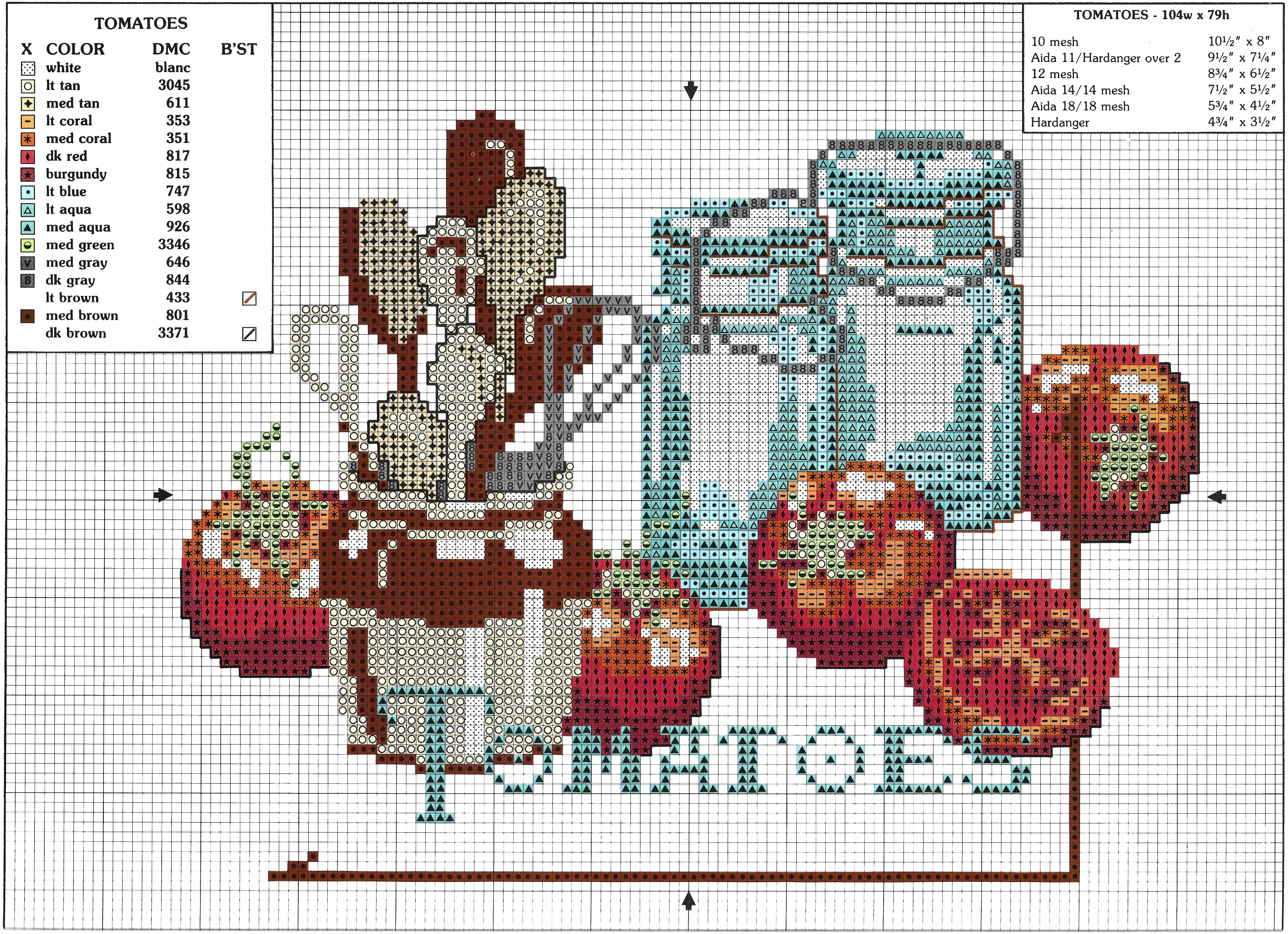
10 mesh	5¼″ x 7¾″
Aida 11/Hardanger over 2	4¾″ x 7″
12 mesh	4½″ x 6½″
Aida 14/14 mesh	3¾″ x 5½″
Aida 18/18 mesh	3″ x 4¼″
Hardanger	2½″ x 3½″





SUGAR & SPICE

X	COLOR	SUGAR DMC	SPICE DMC	B'ST
⋅	white	blanc	blanc	
○	lt yellow	727	---	
V	lt gold	783	---	
•	med tan	---	436	⧄
◒	dk tan	---	976	
☆	lt orange	970	---	
★	dk rust	---	355	
◊	lt pink	894	---	
8	dk pink	893	---	
9	dk red	817	---	
0	lavender	554	---	
△	lt olive	472	---	
▲	med olive	---	470	
◆	dk olive	937	937	⧄
-	lt gray	415	415	
♦	dk gray	318	318	
✱	med brown	433	433	⧄
	dk brown	3371	3371	⧄
▨	black	---	310	

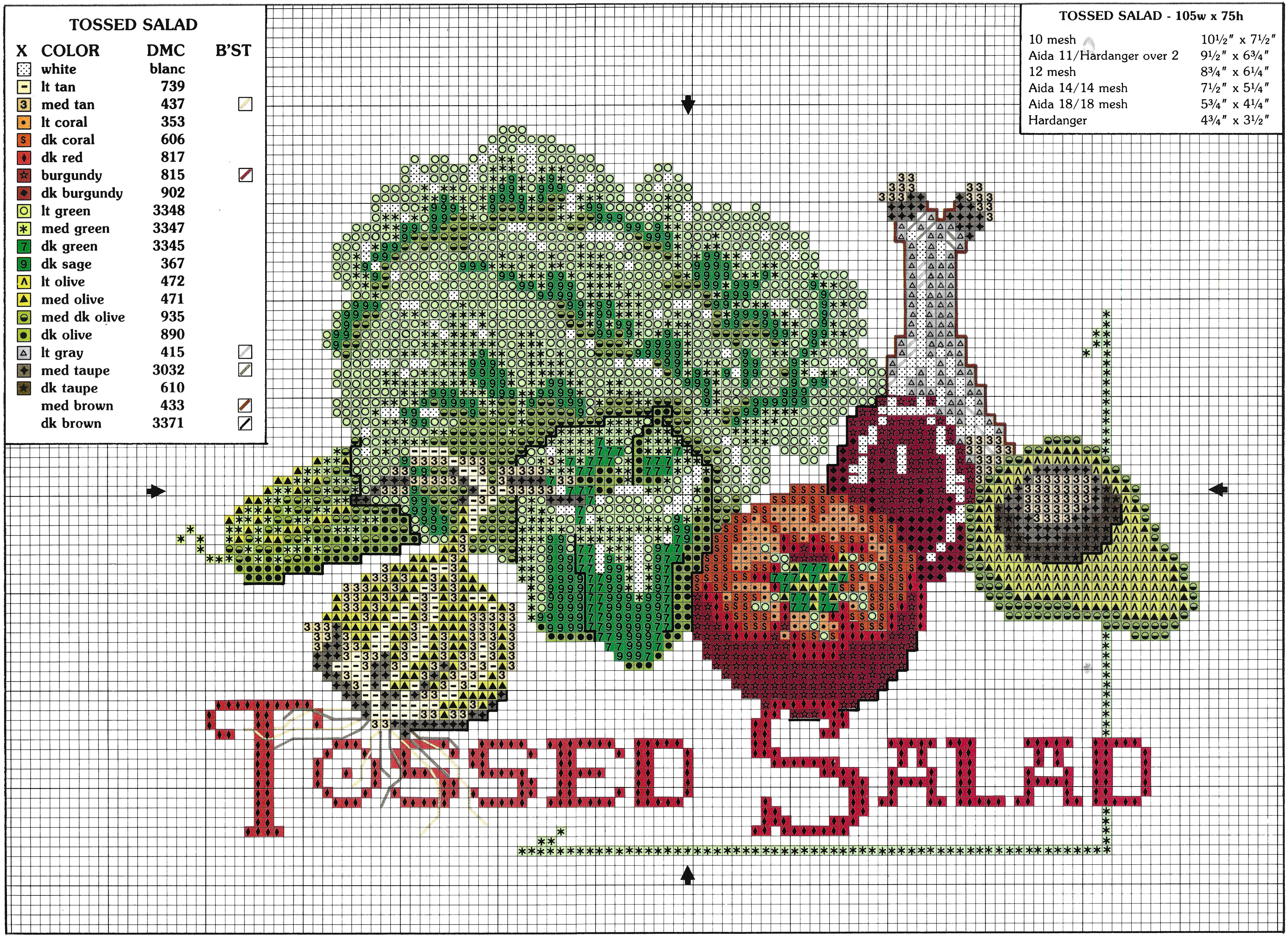


TOMATOES

X	COLOR	DMC	B'ST
⁙	white	blanc	
○	lt tan	3045	
✦	med tan	611	
−	lt coral	353	
✱	med coral	351	
♦	dk red	817	
★	burgundy	815	
•	lt blue	747	
△	lt aqua	598	
▲	med aqua	926	
◒	med green	3346	
V	med gray	646	
8	dk gray	844	
	lt brown	433	/
●	med brown	801	
	dk brown	3371	/

TOMATOES - 104w x 79h

10 mesh	10½" x 8"
Aida 11/Hardanger over 2	9½" x 7¼"
12 mesh	8¾" x 6½"
Aida 14/14 mesh	7½" x 5½"
Aida 18/18 mesh	5¾" x 4½"
Hardanger	4¾" x 3½"



TOSSED SALAD

X	COLOR	DMC	B'ST
⬚	white	blanc	
-	lt tan	739	
3	med tan	437	/
•	lt coral	353	
S	dk coral	606	
♦	dk red	817	
☆	burgundy	815	/
◆	dk burgundy	902	
○	lt green	3348	
*	med green	3347	
7	dk green	3345	
9	dk sage	367	
Λ	lt olive	472	
▲	med olive	471	
◒	med dk olive	935	
●	dk olive	890	
△	lt gray	415	/
◆	med taupe	3032	/
★	dk taupe	610	
	med brown	433	/
	dk brown	3371	/

TOSSED SALAD - 105w x 75h

10 mesh	10½" x 7½"
Aida 11/Hardanger over 2	9½" x 6¾"
12 mesh	8¾" x 6¼"
Aida 14/14 mesh	7½" x 5¼"
Aida 18/18 mesh	5¾" x 4¼"
Hardanger	4¾" x 3½"

Backstitching: Outline detail (shown by dark or colored straight lines) should be worked by Backstitching after the needlepoint ***(Fig. 6)*** or cross stitch ***(Fig. 7)*** design has been completed. Backstitch for Hardanger over 2 is shown in **Fig. 8**.

Fig. 6

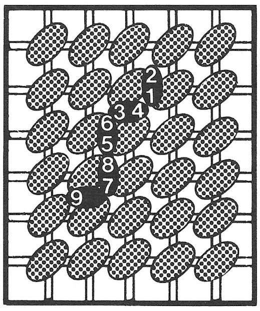


Fig. 7

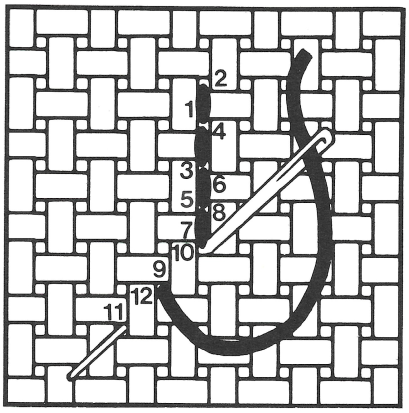
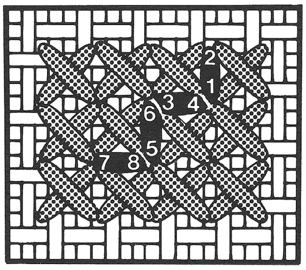


Fig. 8



Yarn or Floss Thickness: Recommended yarn or floss thickness is as follows. This is merely a suggestion, especially where backstitching is concerned. Experiment to get the look you desire.

12-14 mesh Canvas	2 strands persian or 1 strand tapestry (lightweight) for tent stitch; 1 strand persian or 2-3 strands embroidery floss for backstitch
Aida 11 or Hardanger Over 2	2-3 strands floss for cross stitch; 2-3 strands for backstitch
Aida 14	2 strands floss for cross stitch; 1-2 strands floss for backstitch
Aida 18 and Hardanger	1 strand for cross stitch; 1 strand for backstitch.

Combining Yarns: The above information is offered as a guide. You may wish to combine various types of threads or yarns on needlepoint. For example, use floss or pearl cotton in highlighted areas to create a shiny look which will really resemble natural highlights.

Other Projects: Use of these charts is not limited to the projects pictured. Try needlepointing a design on a kitchen apron bib . . . or cross stitch a design on a gingham apron. A needlepoint cookbook cover would be nice, or a set of cushions for kitchen chairs. Again, use your imagination!

PROJECTS

Bread: stitched on 12 mesh Needlepoint Canvas, approx design size 8¾″ x 6½″. Mounted and inserted in purchased lucite tray.

Sugar: stitched on White Hardanger, approx design size 2½″ x 3½″. Inserted in purchased trivet.

Spice: stitched on Avocado Green Hardanger, approx design size 2½″ x 3½″. Inserted in purchased cheeseboard.

Tossed Salad: stitched on Yellow Hardanger, approx design size 4¾″ x 3½″. Inserted in purchased tray.

Coffee: stitched on Ivory Aida 18, approx design size 4½″ x 3″. Inserted in purchased lucite recipe box.

Tea: stitched on Ivory Aida 18, approx design size 4¼″ x 3″. Inserted in purchased lucite bookend.

Lemons: stitched on White Hardanger over two threads. Approx design size 7″ x 9¼″. Inserted in purchased tray.

Apple Pie: stitched on Yellow Hardanger over two threads. Approx design size 9½″ x 7¼″. Custom framing.

Salt: stitched on Ivory Aida 14, approx design size 5¼″ x 3¾″. Custom framing.

Pepper: stitched on Ivory Aida 14, approx design size 5¼″ x 3¾″, and 12 mesh Needlepoint Canvas, approx design size 6¼″ x 4½″. Custom framing.

Strawberries: stitched on 12 mesh Needlepoint Canvas, approx design size 8¾″ x 6½″. Custom framing.

Chocolate: stitched on 12 mesh Needlepoint Canvas, approx design size 8¾″ x 6½″. Custom framing.

Ice Cream: stitched on 12 mesh Needlepoint Canvas, approx design size 9″ x 6½″. Custom framing.

Fruit Salad: stitched on Ecru Aida 14, approx design size 5½″ x 7½″. Custom Framing.

Tomatoes: stitched on 12 mesh Needlepoint Canvas using Matte Finish Cotton yarn. Approx design size 8¾″ x 6½″. Custom Framing.

Artichokes: stitched on Yellow Hardanger, approx design size 4¾″ x 3½″. Custom Framing,

Onions: stitched on Pink Hardanger, approx design size 4¾″ x 3½″. Custom framing.

We have made every effort to ensure that these instructions are accurate and complete. We cannot, however, be responsible for human error, typographical mistakes or variations in individual work.

Cover items made and patterns tested by Tona Cannon, Barbara Earls, Susan Gorombolу, Sherry Hendrix, Barbara Herring, Reba King, Julia Penaloza, Linda Vikla and Susan Yajko.

ONIONS
BREAD

ICE CREAM
CHOCOLATE

FRUIT SALAD
TOSSED SALAD